



Washington County Community Health Study

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JKV Research

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Overview

◆ Objectives

- Gather Information on the Health Practices and Health-related Behavioral Risks of Washington County Residents.
- Gather Base-line Data on the Prevalence of Risk Factors and Disease Conditions at Adult and Household Level.
- Compare Health Data of County to State and National Measurements.

Overview

- ◆ The Data Collection Committee of the Healthy Washington County Committee Guided the Study.
- ◆ Continuous Effort by Committee—First Report was in 1996.



Members of the Health Washington County Committee



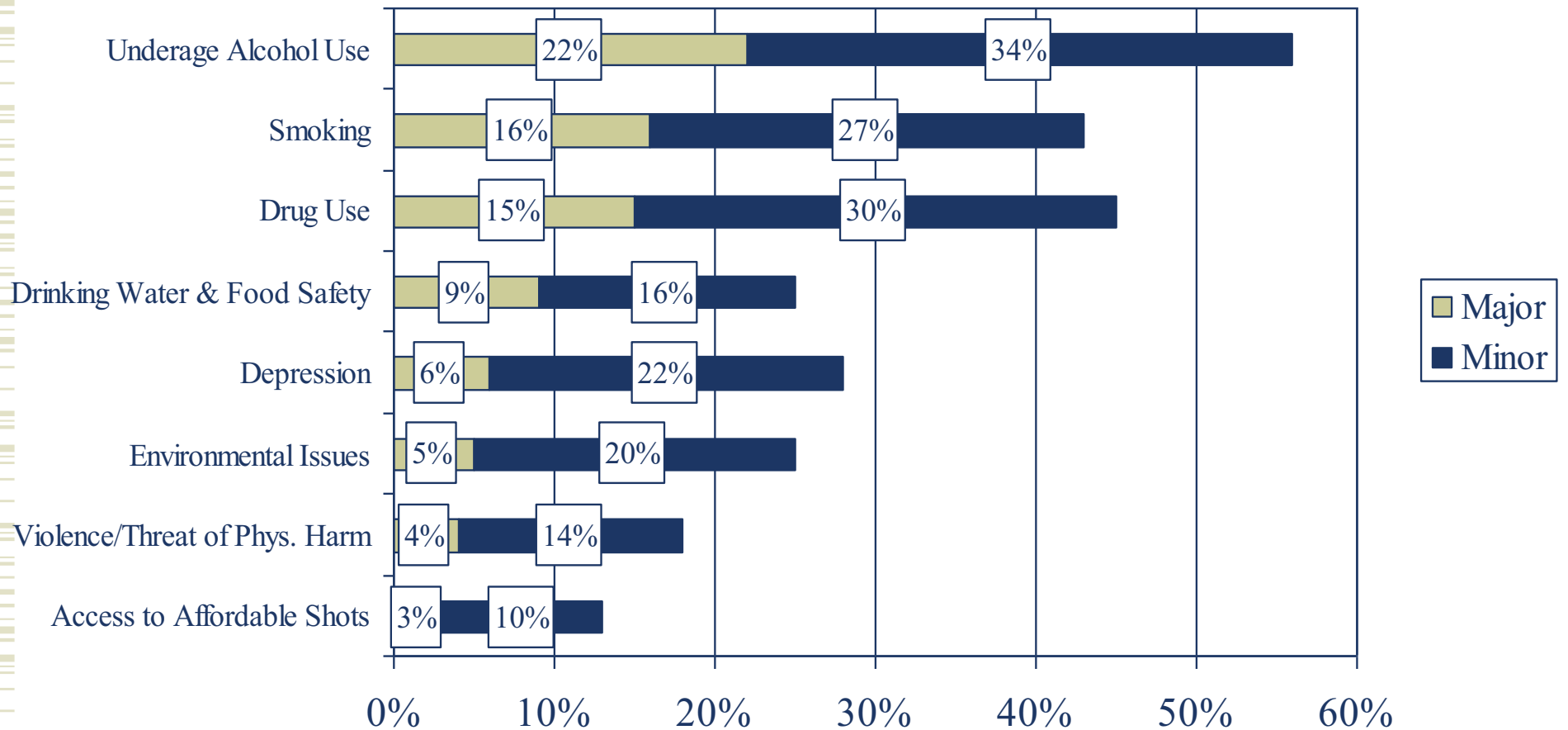
Sponsors

- ◆ Washington County Health Department
- ◆ United Way in Washington County
- ◆ Aurora Health Care
- ◆ St. Joseph's Hospital
- ◆ Community Memorial Hospital in Menomonee Falls
- ◆ Washington County Safe and Stable Families

Methodology

- ◆ 17 Minute, Telephone Survey of County Residents
- ◆ Conducted: September 8 – September 23, 2000
- ◆ 403 Completions
- ◆ Data was weighted to reflect age and sex of adult county residents as of 1998 Census estimates.
- ◆ Margin of error: 5%

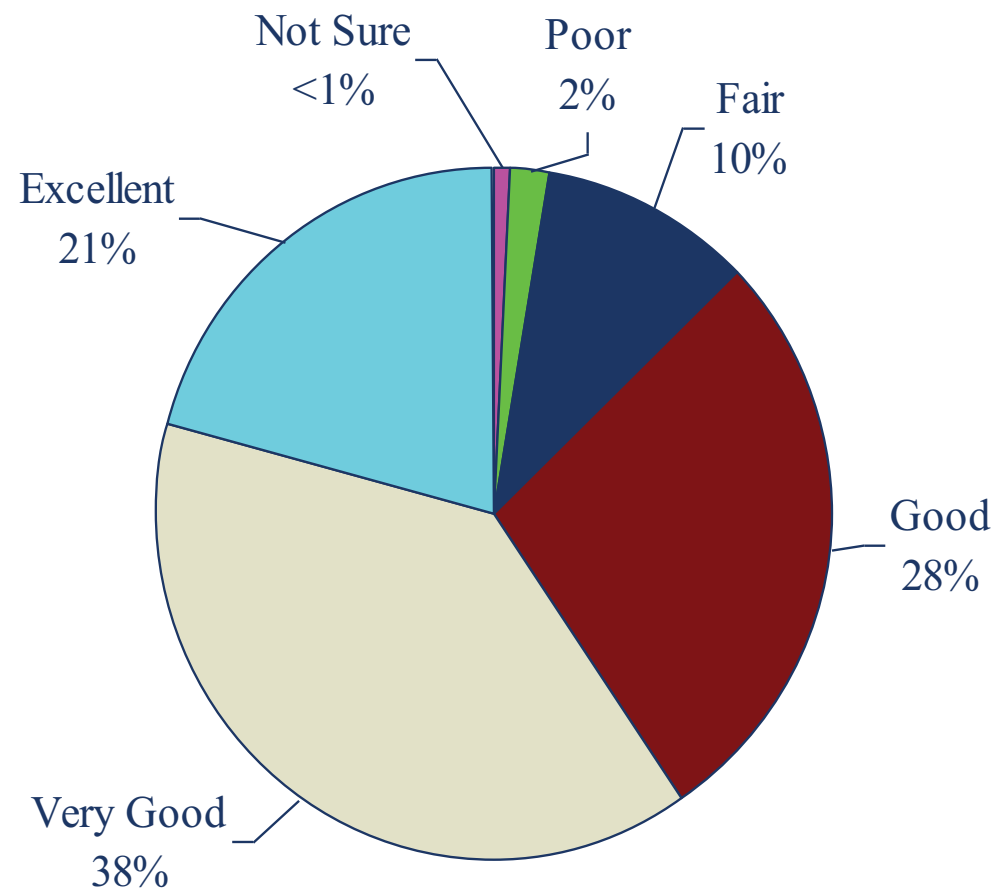
Problems in Your Community



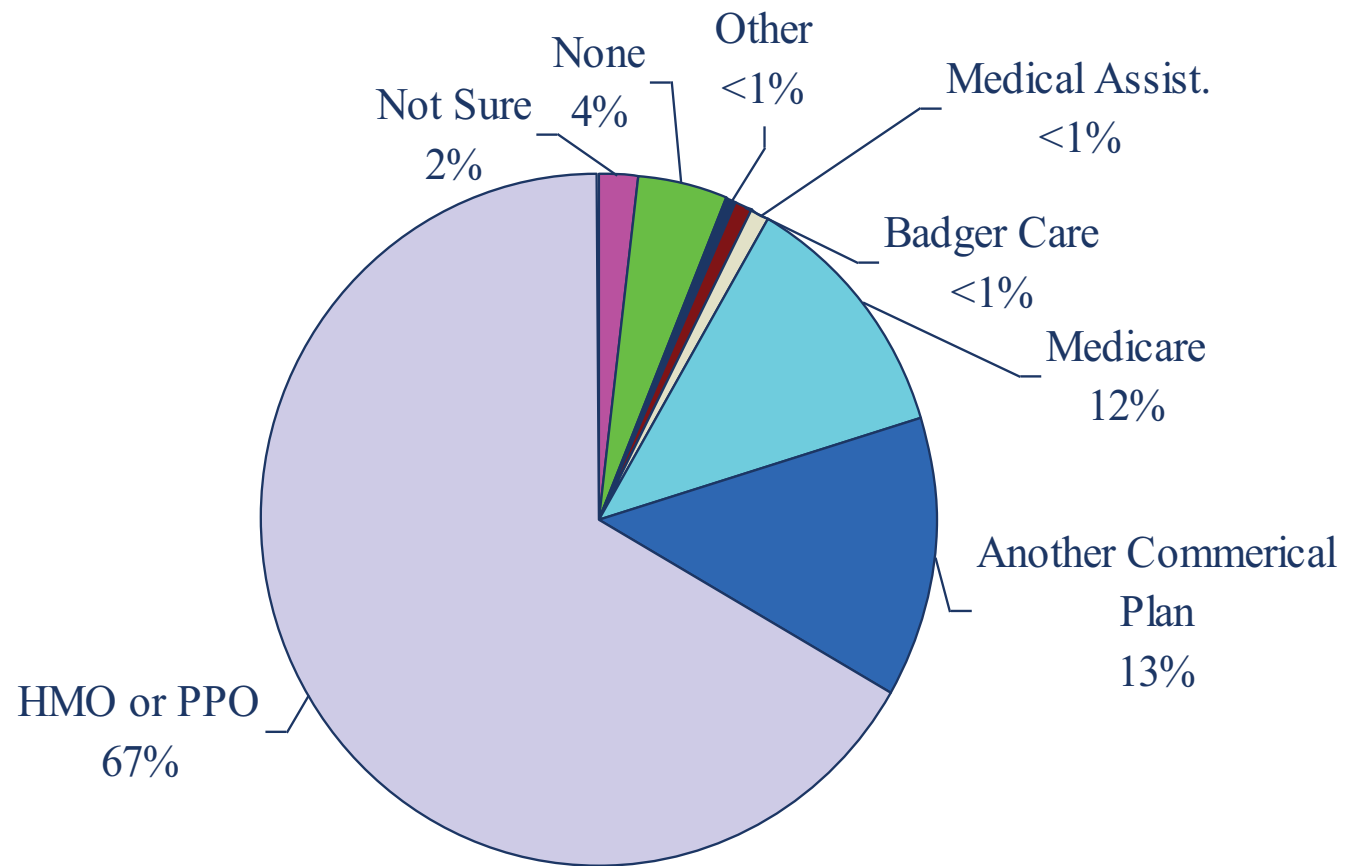
Health Issue Worry About the Most

- ◆ Cancer (18%)
- ◆ Health Coverage/Costs (9%)
- ◆ Heart Disease/Problems (8%)
- ◆ Diabetes (3%)
- ◆ Smoking (2%)
- ◆ Weight (2%)

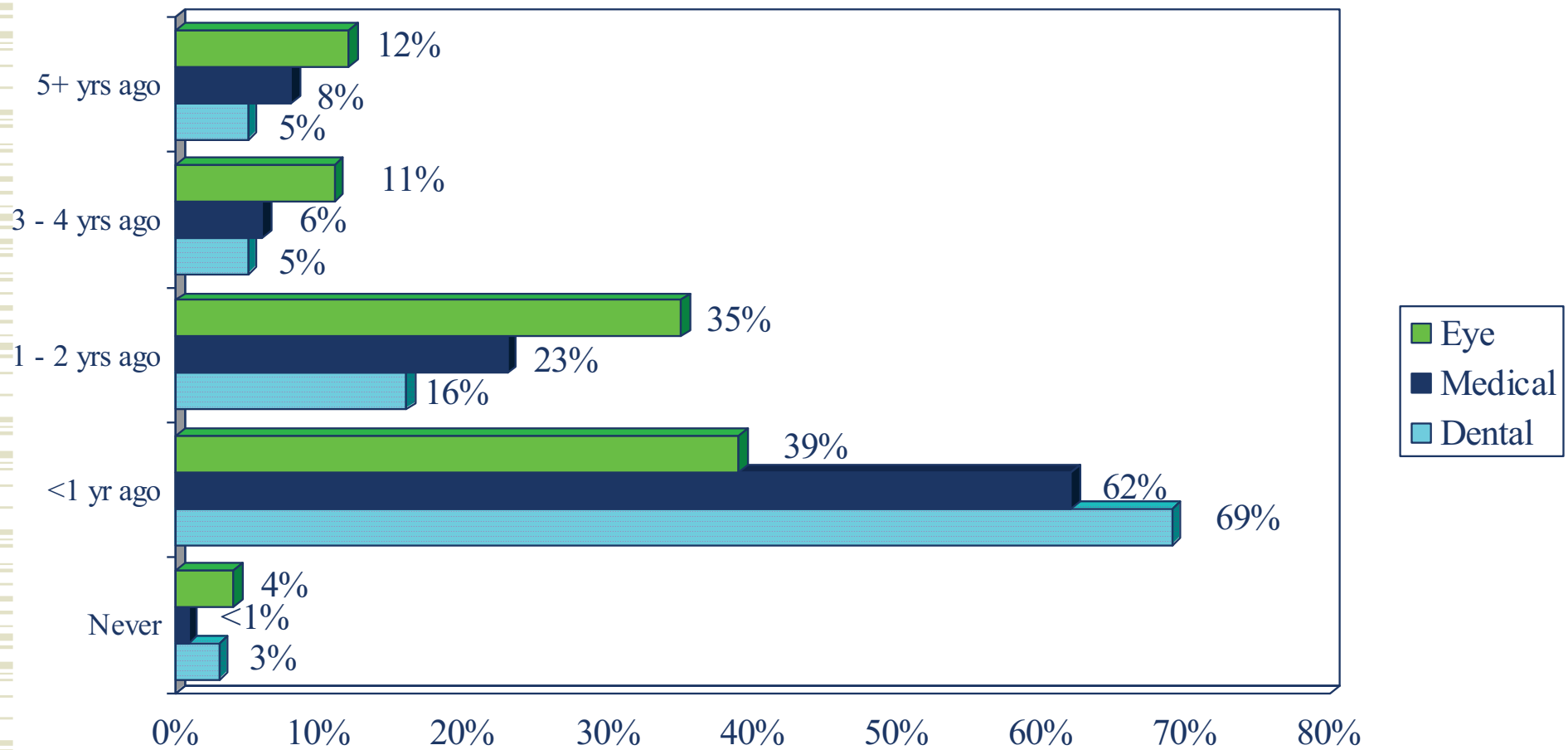
Rate Own Health



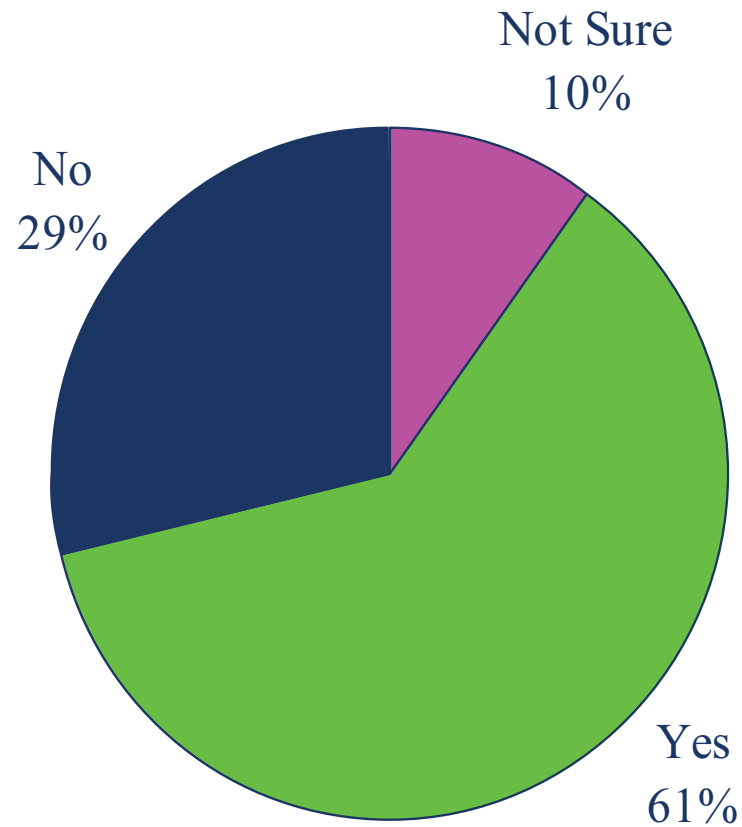
Type of Health Care Coverage



Routine Check-ups



Received Pneumonia Vaccination (Respondents 65 and Older)



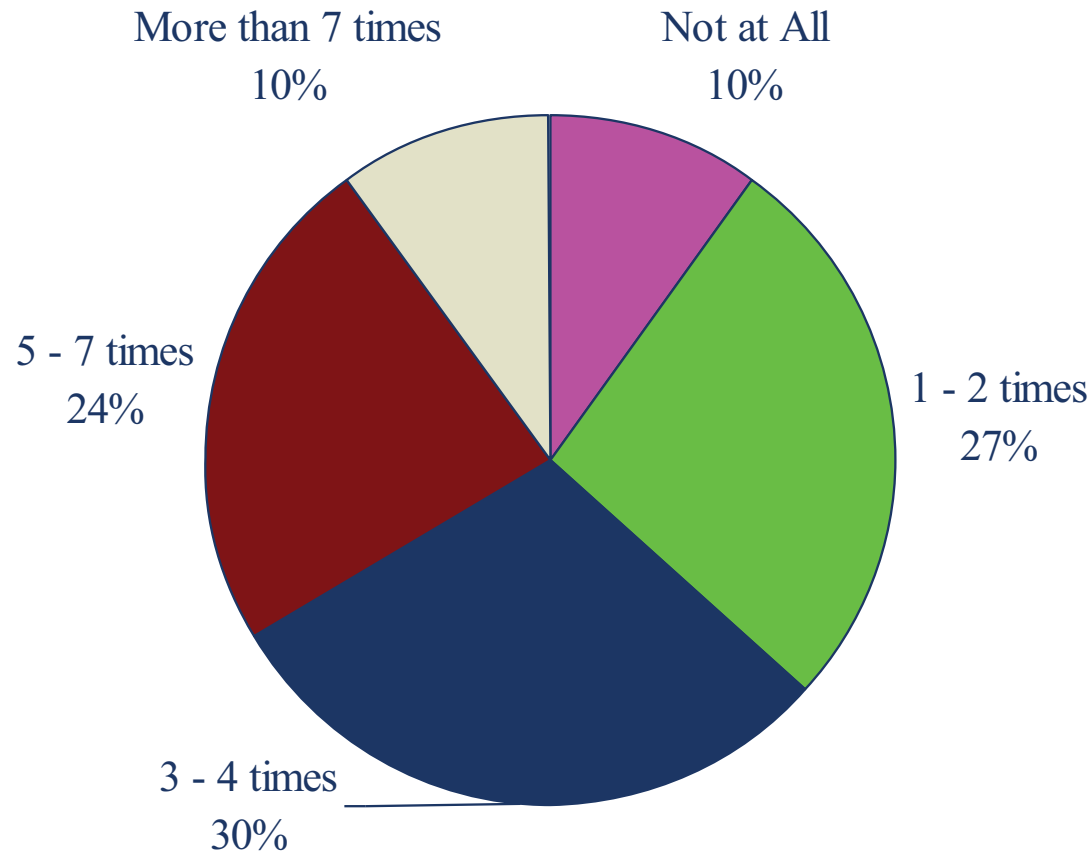
Told or Received Treatment in the Past Three Years

- ◆ High Blood Cholesterol (22%)
- ◆ High Blood Pressure (16%)
- ◆ Heart Disease/Condition (9%)
- ◆ Diabetes (6%)
- ◆ Mental Health Problem (4%)
- ◆ Stroke (2%)

Received Alternative Treatment in the Past Three Years

- ◆ Nutritional Supplements (23%)
- ◆ Chiropractor (23%)
- ◆ Massage Therapy (15%)
- ◆ Homeopathic Treatment (4%)
- ◆ Acupuncture (2%)
- ◆ Aroma Therapy (2%)

Times Exercise Per Week



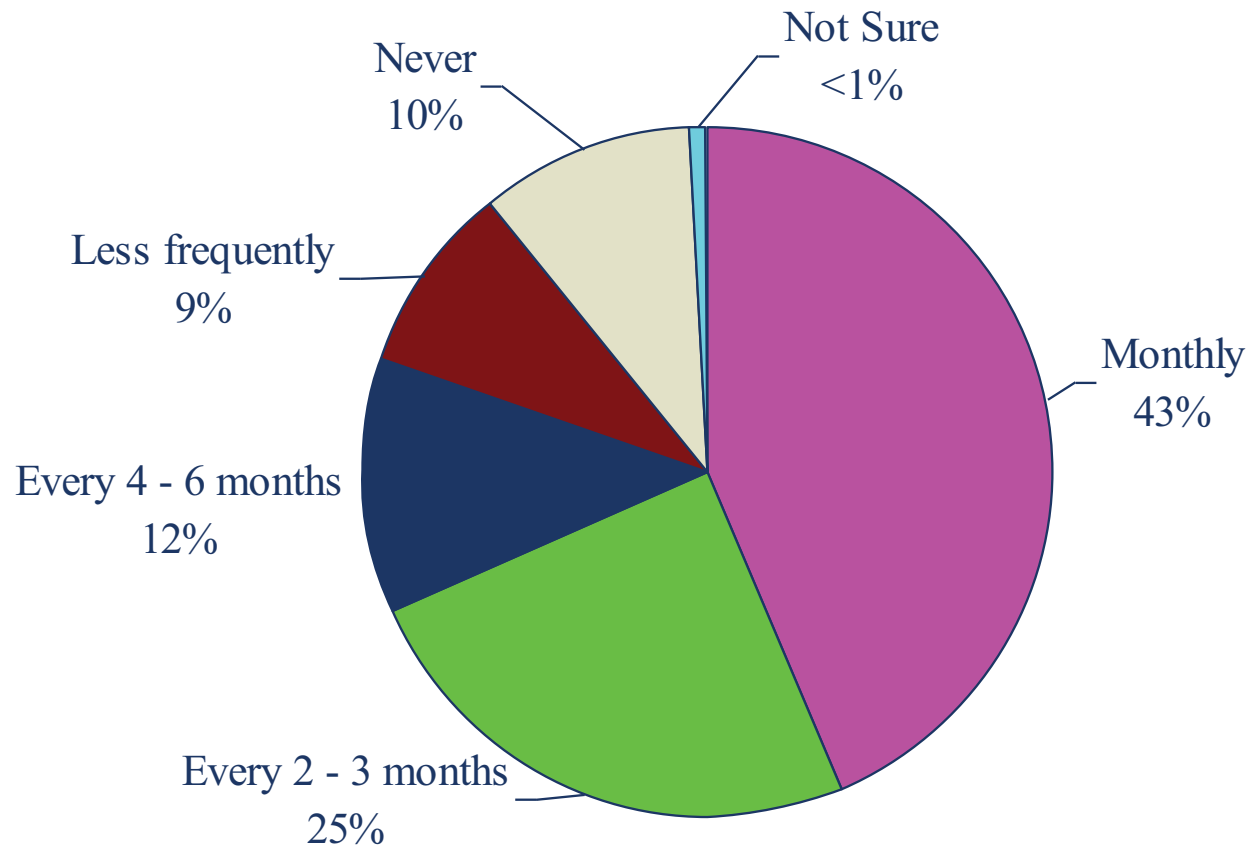
Frequency of Eating Foods

	1 Time Per Day	2 Times Per Day
Fruit	44%	33%
Vegetables	55%	27%
	1+Time /Month	1+ Time/Week
Fast Food	32%	61%

Women's Health: Last Mammogram

Age	Time of Last Mammogram		
	<1 Year	1 to 2 Yrs	3 or More Yrs
18 to 39	15%	15%	0%
40 to 49	35	45	14
50 and older	69	15	10

Women's Health: Breast Self-Exam



Women's Health: Last Pap Smear

Age	Time of Last Pap Smear		
	<1 Year	1 to 2 Yrs	3 or More Yrs
18 to 39	73%	19%	9%
40 to 49	50	30	20
50 and older	59	13	23

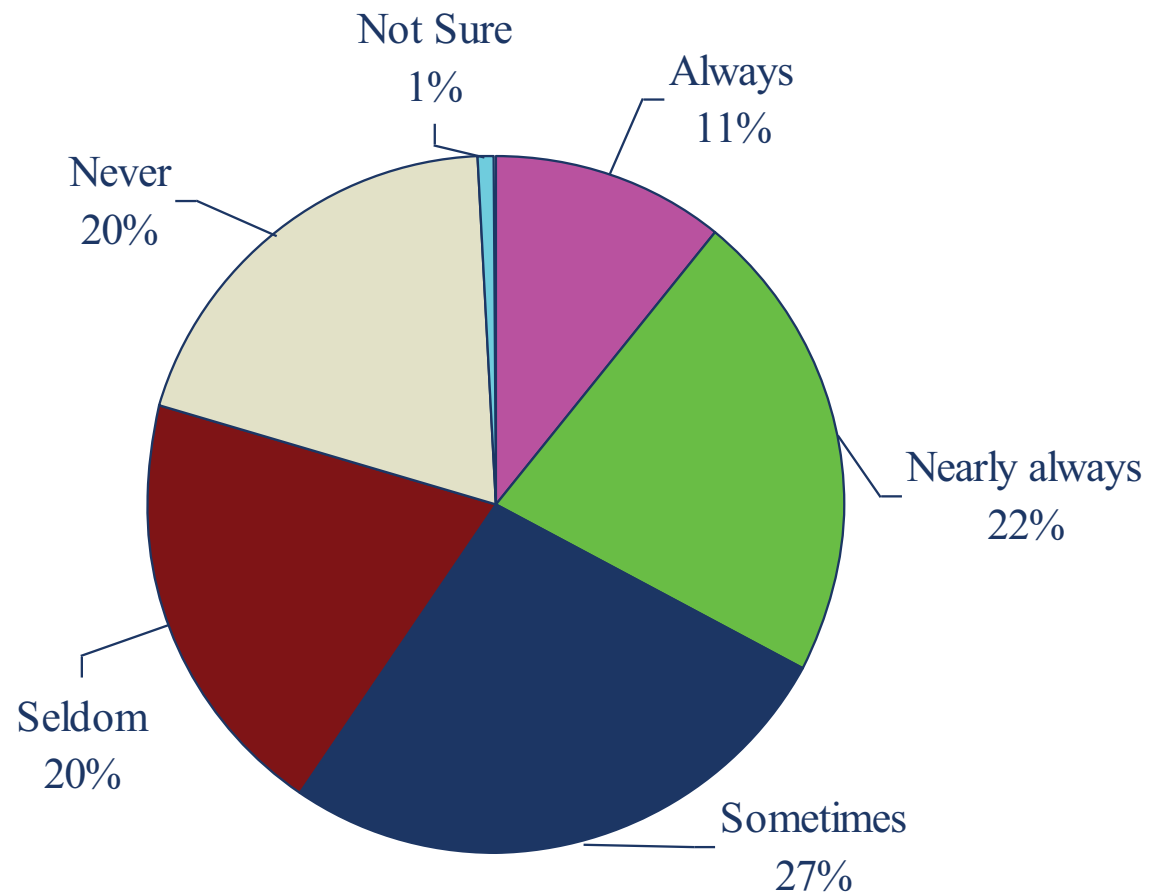
Men's Health: Prostate Cancer

Age	Time of Last Prostate Screen/Test		
	<1 Year	1 to 2 Yrs	3 or More Yrs
18 to 39	1%	5%	2%
40 to 49	21	11	9
50 and older	26	29	15

Colorectal Cancer

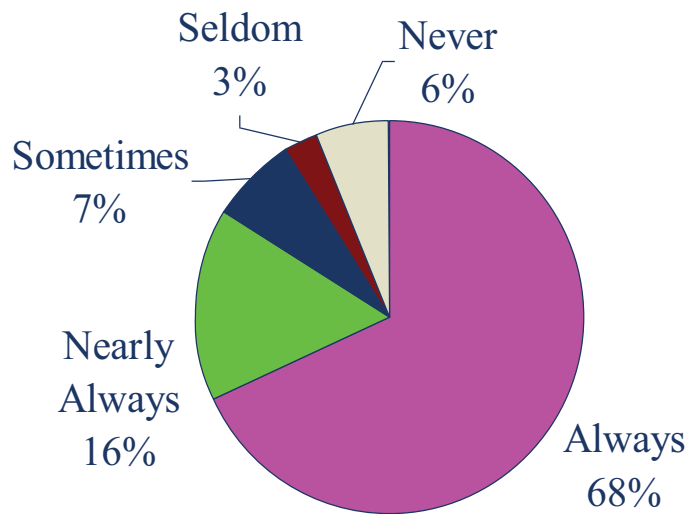
Age	Time of Last Colorectal Cancer Screen/Test		
	<1 Year	1 to 2 Yrs	3 or More Yrs
18 to 39	5%	6%	2%
40 to 49	13	7	9
50 and older	20	25	17

Use of Sunscreen

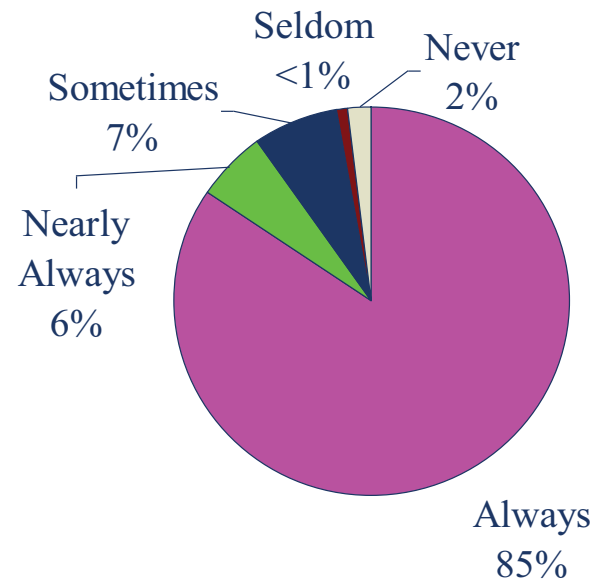


Wear Seat Belts

Adult Respondents

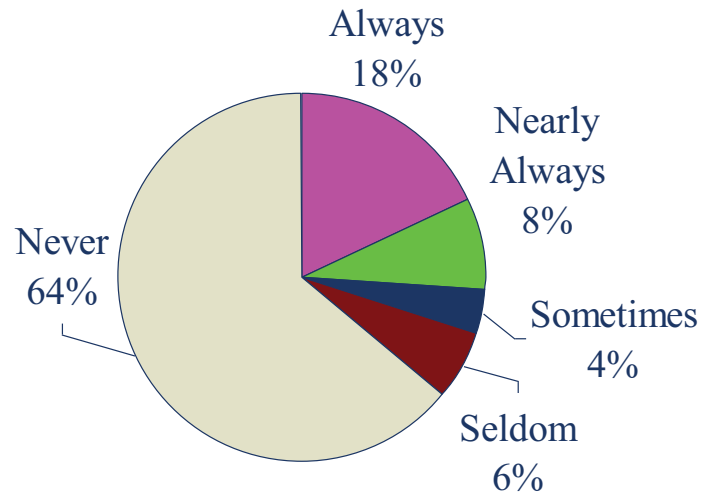


Children in Household
(as reported by adults)

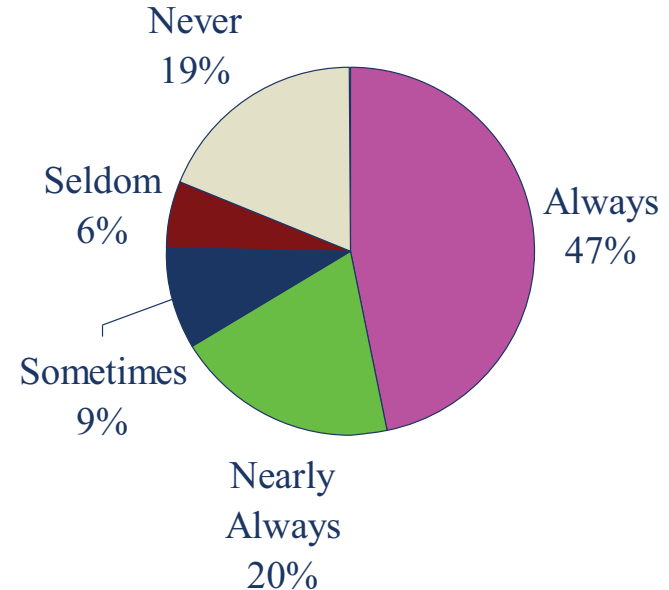


Wear Bicycle Helmets When Riding a Bike or In-line Skating

Adult Respondents
(of those who do the activities)



Children in Household
(of those who do the activities and as reported by adults)



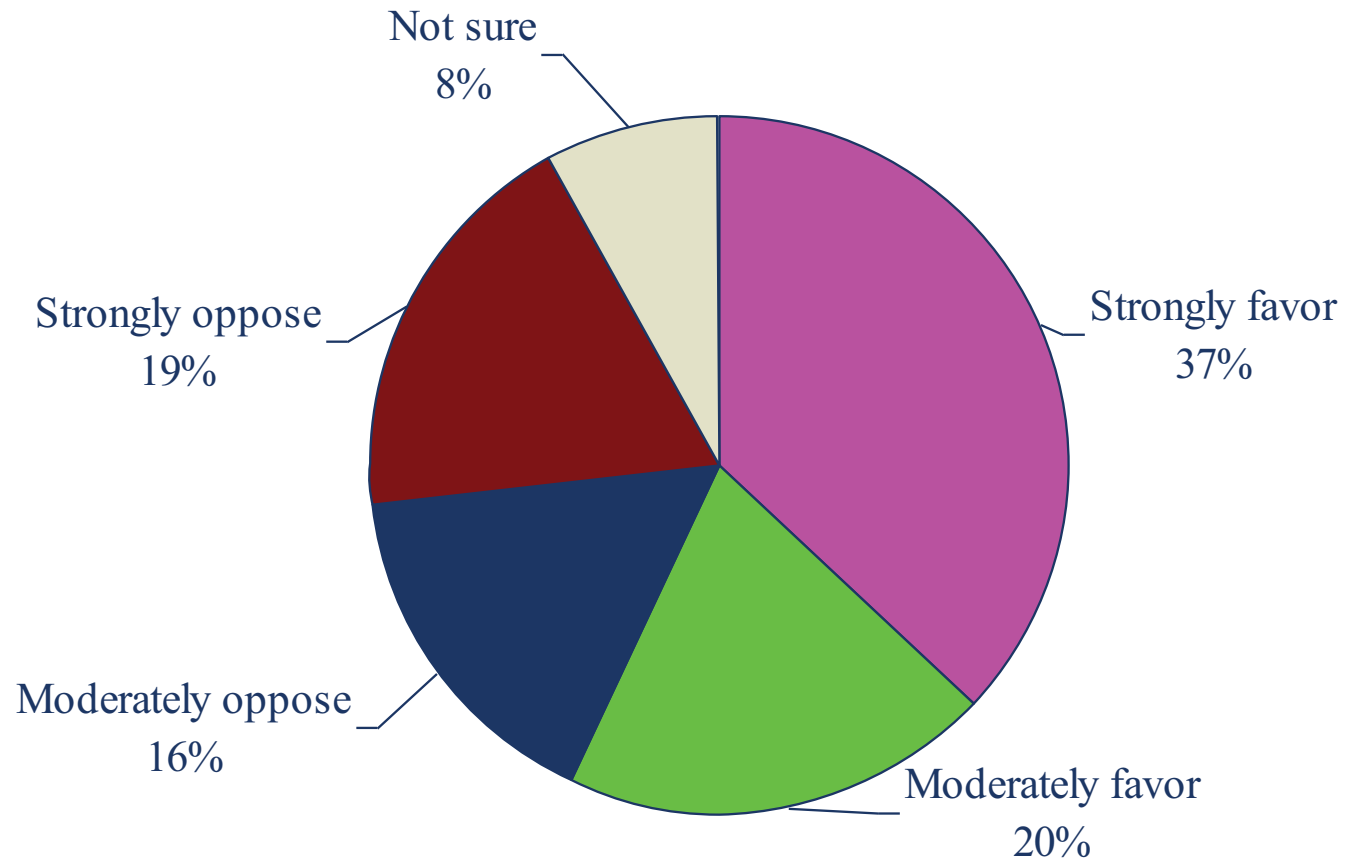
Current Smokers

- ◆ 26% Current Smokers in Washington County
 - Wisconsin: 24% (1999 data)
 - Nation: 23% (1999 data)
- ◆ Gender of Current Smokers
 - Washington County: 27% Males; 26% Females
 - Wisconsin: 23% Males; 24% Females (1999)
 - Nation: 24% Males; 21% Females (1999)

Current Smokers

Age	% Smokers
18 to 24	52%
25 to 34	41
35 to 44	28
45 to 54	19
55 to 64	18
65 and older	9

Ordinance Prohibiting Smoking in Eating Establishments



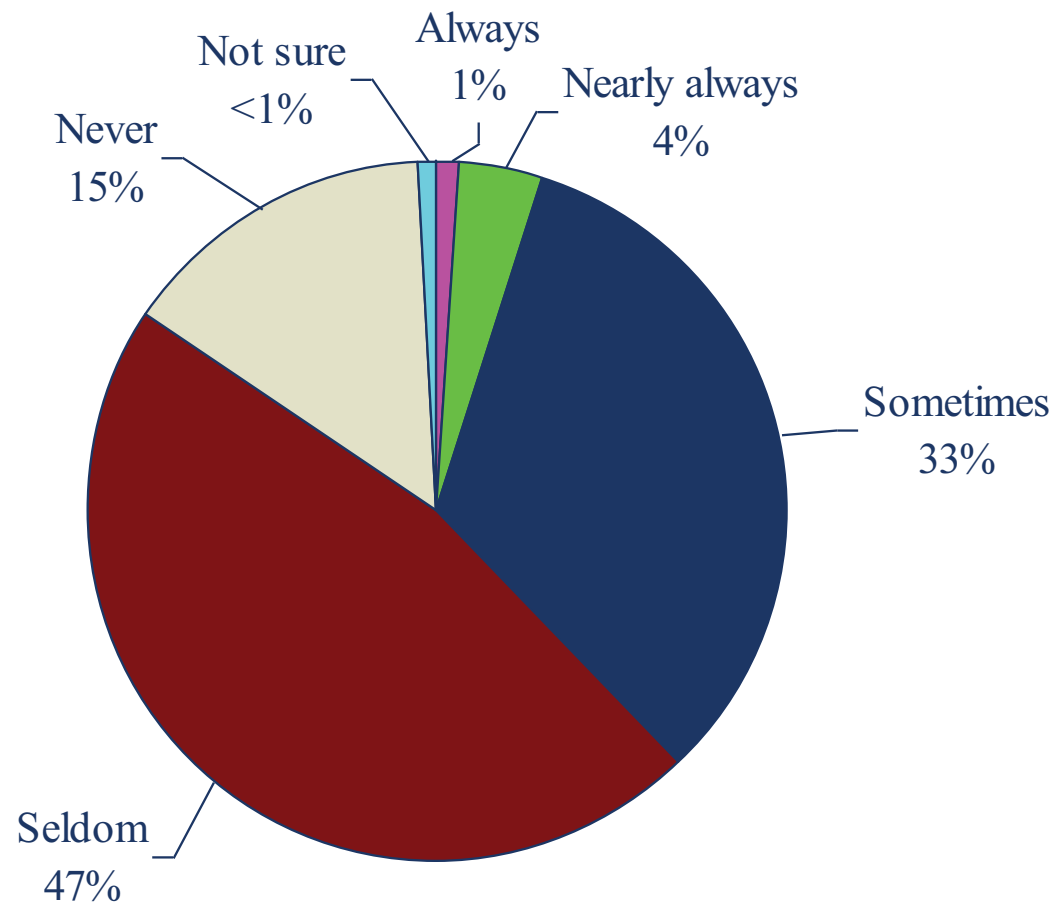
Alcohol Use

- ◆ 73% had alcohol in the past month
- ◆ 45% had 3 or more drinks on an occasion in the past month
- ◆ 28% had 5 or more drinks on an occasion in the past month

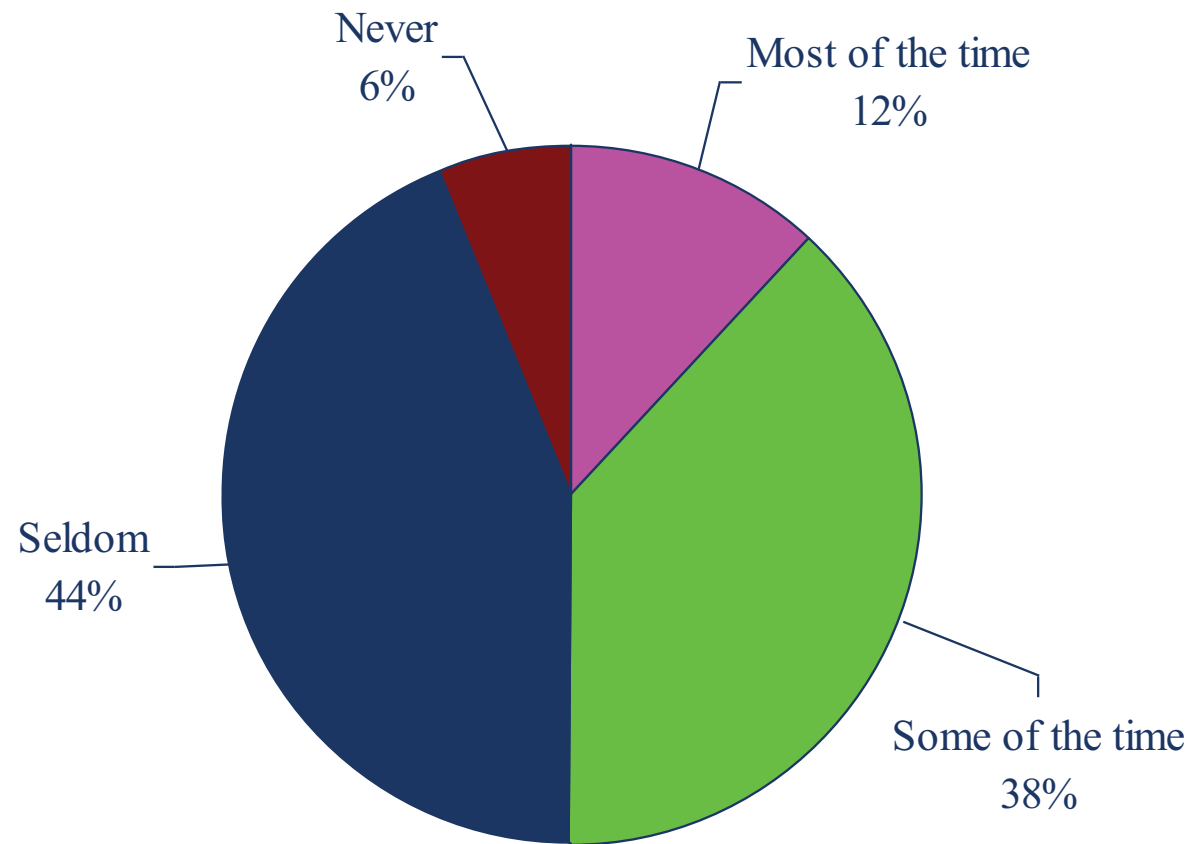
5 or More Drinks on an Occasion (“Binge Drinking”)

- ◆ 28% had 5 or more drinks on an occasion in the past month in Washington County
 - Wisconsin: 27% (1999 data)
 - Nation: 15% (1999 data)
- ◆ Gender of “Binge Drinkers”
 - Washington County: 39% Males; 17% Females
 - Wisconsin: 40% Males; 15% Females (1999)
 - Nation: 24% Males; 7% Females (1999)

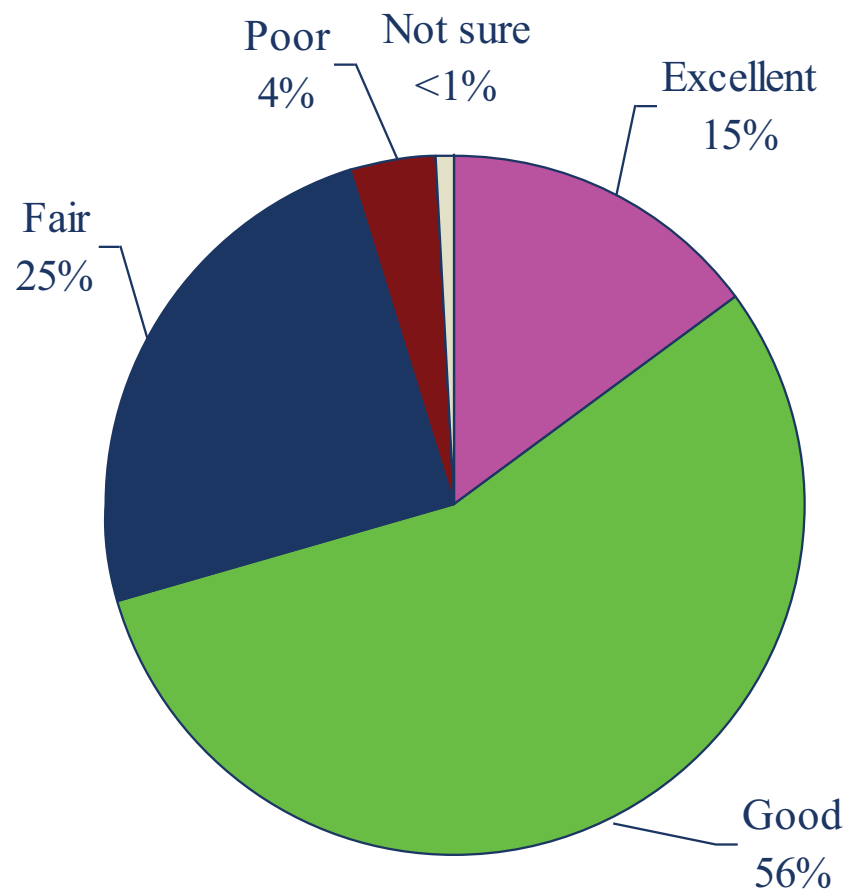
Feeling Sad, Blue or Depressed



How Often Feel Stressed Out



Rate Yourself at Managing Stress



Main Reason You Feel Stressed Out

- ◆ Job-related (50%)
- ◆ Health concerns (12%)
- ◆ Financial concerns (11%)
- ◆ Not enough time (4%)

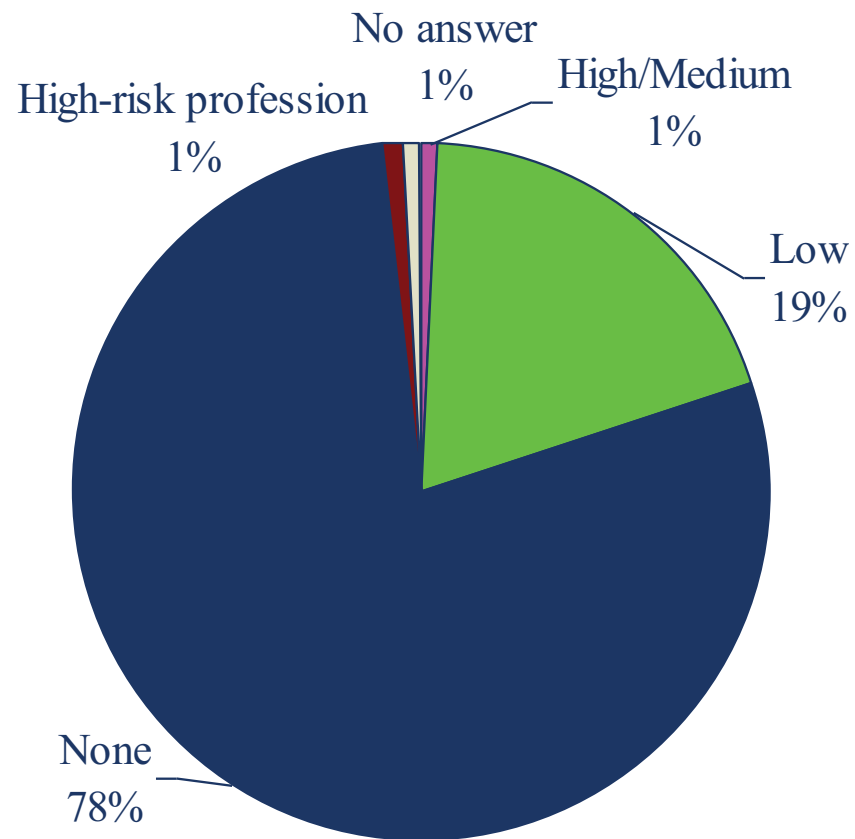
Presence of Firearms

- ◆ 46% of all households had one or more firearm
- ◆ 16% of all households had a handgun
- ◆ 43% of all households reported a rifle or shotgun
- ◆ 16% of all households had a firearm not locked
- ◆ 1% of all households had a loaded firearm

Personal Safety

- ◆ 4% reported that someone made them afraid for their personal safety in the past year.
- ◆ 3% reported they were pushed, kicked, slapped or hit in the past year.
- ◆ 6% of all respondents reported one of these two situations

HIV/AIDS Risk



Sexual Practices

- ◆ Number of Partners in Past Year
 - None —16%; One—77%; Two or more—5%
- ◆ Condom Used in Last Sexual Intercourse
 - Yes—15%; No—81%
- ◆ Sexual contact in Past Year
 - Male respondents: Females—95%; Males—<1%
 - Female respondents: Males—95%; Females—<1%